

ATLAS of BRITISH EMPIRE AND ASIA



Presented by
GUY'S TONIC COMPANY

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GUY'S TONIC Co.

12 Buckingham Palace Road, London, S.W.

The Absolute Need of Food.

FOOD is no less an absolute need of the Body than Air is of the Lungs. The nourishment contained in Food is constantly demanded by Nature in order to repair the wasted tissue, and to replace the lost Strength occasioned by work, worry, or any form of Mental and Physical activity. Deny the Body of Food, and a rapid decline of Strength sets in; feed it, and renewed Vitality should be acquired.

Imperfect Digestion.

Why do so many people fall into a low state of Health and stop there, while at the same time not showing symptoms of any particular Disorder? The answer is not far to seek. Because the Food eaten does not undergo proper Digestion and Assimilation, with the inevitable result of diminished supplies of nutrition to the Tissues and Nerve centres. It is through the faulty performance of functions connected with the Digestion and Assimilation of Food that the present-day suffering is so largely of a Dyspeptic and Nervous character.

Resultant Flatulence and Weakness.

Nutrition latent in Food fails to find its right affinities so long as the Digestive Organs are unequal to their work. Then the partially digested Food becomes matter for decomposition, and a twofold source of mischief is set up: namely, deficiency of Nutrition, and matter for decomposition. (Anæmia often arises from this twofold source.) A whole host of disquieting feelings and symptoms follow, which on and off make life less bright and buoyant than Nature means it to be. In fact, such a condition of the System seriously reduces the general Vitality, depresses the Spirits, irritates the Temper, and makes the sufferer a ready prey to any passing complaint of a contagious character.

The Remedy.

Once get the lagging processes of Digestion and Assimilation stimulated into efficiency, rapid strides to recovery must follow: appreciable benefit is felt immediately, and the lost glow of Health and Vigour returns, bringing surprise to the patient at the quick change from Weakness to Strength.

How is this change wrought?

By taking a combination of carefully selected Vegetable Tinctures known as Guy's Tonic. This Remedy is adapted to meet the exact requirements of Nature as a Corrective and Restorative. Great skill and extensive experiment preceded the appearance of Guy's Tonic in the world of Medicine. Since its introduction some years ago, the thousands of grateful letters received from recovered sufferers fully endorse every claim made for its almost magic efficacy in all functional Disorders of the System.

A Lady writes:—

"Since December last I had been very poorly with Indigestion, Sluggish Liver and Nervous Exhaustion, and in fact was in a very bad state and suffered from Lowness of Spirits.

The Doctor whom I was under tried several medicines, but none of them did me any good. I was getting weak and thin (I could eat nothing), in fact my life was becoming unbearable.

However, I began to take Guy's Tonic, and from the first dose commenced to get well. I am now feeling a great deal better, and the last time the Doctor called he said I was mending fast. I cannot thank you enough for what Guy's Tonic has done and is still doing for me, and I shall certainly recommend it to anyone suffering as I did.

You are at liberty to use this letter as you think fit, but please do not publish my name and address, although I shall be pleased to answer any questions any poor sufferer would care to ask."

Guy's Tonic



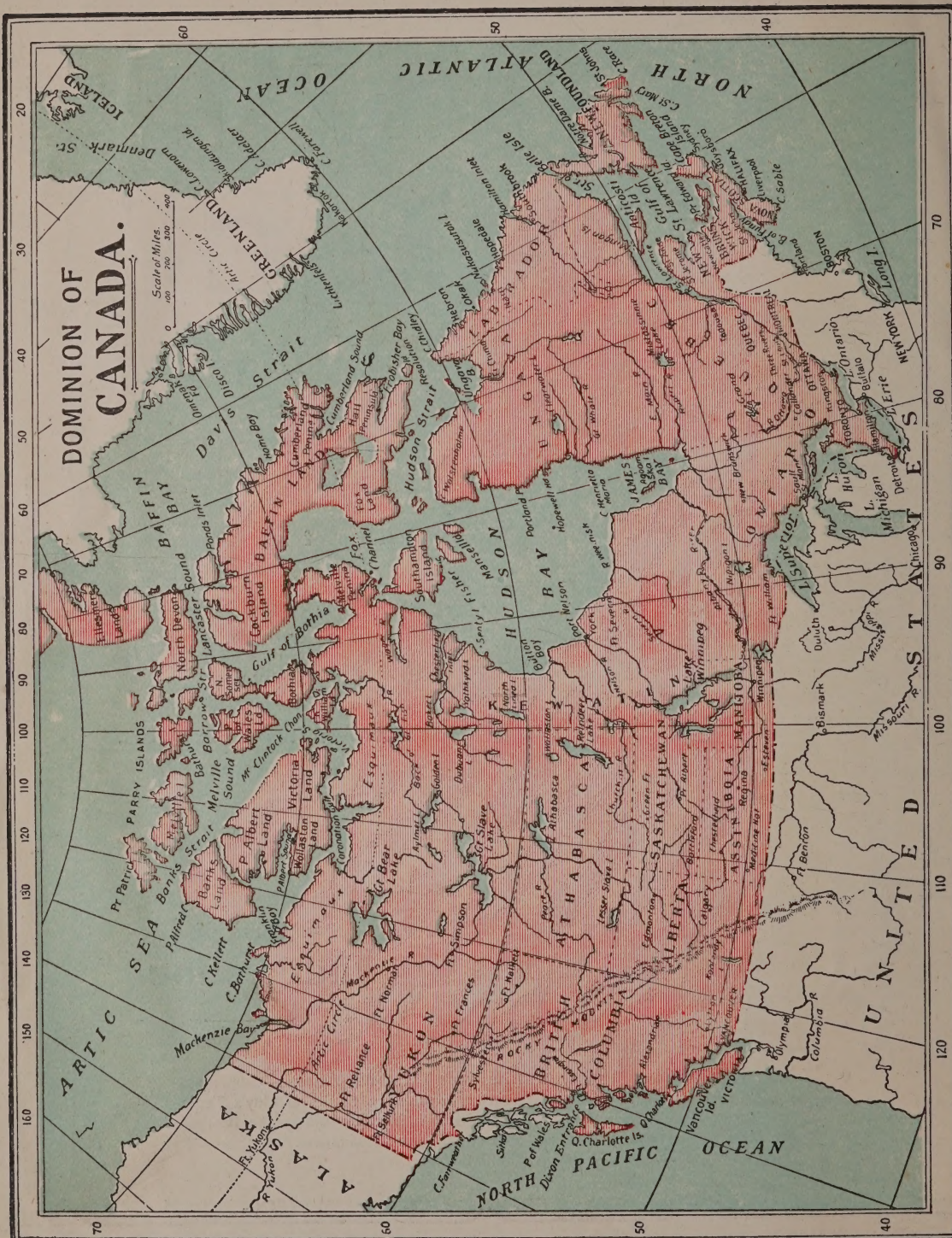
Reading the Instructions

Cures

Flatulence,
Nausea,
Pain and Distress
after Eating,
Loss of Appetite,
Heart Palpitation,
White-Coated Tongue,
Heartburn,
Waterbrash,
Fulness and
Drowsiness after Meals,
Sour Stomach,
Wind, Spasms,
Hiccoughs,
Lassitude
and all other
Symptoms of
Indigestion.

The Rev. Father Ignatius writes from Llanthony Abbey:—

"Father Ignatius encloses postal orders for the two bottles of Guy's Tonic sent. Guy's Tonic has been very much blessed by God to the Brother for whom it was ordered, and who was suffering from almost entire inability to eat, Flatulence, Waterbrash, and Sickness."



**DOMINION OF
CANADA.**

Scale of Miles
0 100 200

**ARCTIC
SEA**

**NORTH
ATLANTIC
OCEAN**

**PACIFIC
OCEAN**

**UNITED
STATES**

**NEW
ENGLAND**

ONTARIO

QUEBEC

**NEW
BRUNSWICK**

**NOVA
SCOTIA**

**PRINCE
EDWARD
ISLAND**

**NEW
FOUNDLAND
&
LABRADOR**

**PELLE
BARRE**

YUKON

**BRITISH
COLUMBIA**

ALBERTA

SASKATCHEWAN

MANITOBA

ONTARIO

QUEBEC

**NEW
BRUNSWICK**

**NOVA
SCOTIA**

**PELLE
BARRE**

YUKON

**BRITISH
COLUMBIA**

ALBERTA

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QUEBEC

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BRUNSWICK**

**NOVA
SCOTIA**

**PELLE
BARRE**

YUKON

**BRITISH
COLUMBIA**

THIS Table shows the Time required for the Digestion of the various articles of Food in the Stomach. It also indicates the period the same articles of Food take to digest if a dose of Guy's Tonic be taken after the Meal.

This Guide to Digestion cannot fail to bring home, with most convincing force, the immense value of Guy's Tonic in all weakness of the digestive organs. By reference it will be seen that one of the most indigestible articles of food is pork. When roasted it takes 5 hours and 20 minutes to digest, but if a dose of Guy's Tonic be taken after its consumption, it will then be digested in 4 hours and 5 minutes; in other words, in exactly 1 hour and 15 minutes less time than it would have taken without the help of the Tonic. Guy's Tonic contains the active ingredients and digestive qualities of the gastric juice in a highly-concentrated and permanent form. Its digestive worth may be tested without taking it; if some

very tough meat be placed in a vessel of water, a tablespoonful of Guy's Tonic added, and the whole kept heated to the temperature of the body—98°—the fibres of the meat will be observed to separate, then to become dissolved, and finally digested exactly as occurs in the interior of the body. In this way the unquestionable value of Guy's Tonic in all forms of dyspepsia may be conclusively demonstrated before your eyes. Guy's Tonic is the only reliable remedy for overcoming Stomach Disorders of a chronic character; the most obstinate forms yielding if the simple Instructions accompanying each bottle be carefully followed, and a dose of Guy's Tonic be taken for a few days after each meal.



Stomach Disorders.

Neglected Symptoms lead to Lasting Illness.

EVERY house that is built to last must be supported by a proper foundation. Likewise, the Constitution of every Human Being must be sustained by a sound foundation, so to speak, if Health is not to go down under the strain and struggle of present-day life.

It is a sad fact, known only too well to the medical profession, that those apparently small Ailments arising from a Disordered Stomach:—Pain after Food, Sick-Headache, Nausea,

Mainstays of Health undermined

Flatulence, Palpitation, Variable Appetite, Heartburn—gnaw into the very vitals of the Constitution. They undermine the mainstays of the

Health, and, unless suitable and prompt treatment be afforded, a more or less lengthy battle with Sickness and Suffering is in store for the patient.

Disease itself lies in wait for the Dyspeptic, but afflicted sufferers may take heart afresh, since Guy's Tonic proves invariably to be more than a match for the most extreme cases of Indigestion and its accompanying evils.

That "out-of-sorts" feeling, want of energy, and lack of "go," are but straws which show how the wind blows with your health. They, however, signify something much more serious than a mere feeling. The fact is, the resources of the Constitution are beginning to give

The System requires assistance

out, and Nature requires assistance in order to be made equal to the healthful discharge of all her functions.

Nothing has yet been brought out to surpass Guy's Tonic as the Restorative Remedy of the day for every form of functional Weakness connected with the Stomach. Its rapidly healing effect on the linings of this particular Organ, combined with its nutritive and invigorative power, have brought and continue to bring in the most convincing testimonials from far and near.

Witnesses recommending Guy's Tonic to suffering friends are to be found at the very ends of the earth. The appended Letters are well worth perusal.

Not felt so well for years.

"NETHERTON IRON WORKS, NEAR DUDLEY.

Six months ago my wife was under the Doctor for a month. She has been suffering from Indigestion for ten years; but I am pleased to tell you that after taking three or four doses of Guy's Tonic she says she has not felt so well for years.—E. BYWATER."

No discomfort now.

"37, MORDON ROAD, MAINDEE, NEWPORT.

After my little son's marvellous cure, I feel great confidence in Guy's Tonic. If I had only read your 'Guide to Digestion' years ago, what suffering I should have been spared. I used to feel as though I should burst after a slight meal. Now I can eat a better meal, and no uncomfortable feeling. I take no liquid at meals—only a tablespoonful of Guy's Tonic. I am going to recommend your remedies to all my friends.—E. M. HOOPER."

First dose gives relief.

"22, LORD STREET, PENARTH, SOUTH WALES.

I have been a great sufferer from Indigestion, and have had medicines of all kinds for it, but nothing seemed to do me good until I bought a bottle of Guy's Tonic on Friday night last, and the first dose seemed to relieve me. I am much better in my head—neither so full nor so giddy.—GEORGE HACK."

Sickness after Food corrected.

"BAYHEAD, LOCHMADDY, SCOTLAND.

I want to inform you that one bottle of Guy's Tonic cured me of vomiting my food immediately after eating. I can never forget the change it made in my stomach. I want you to mention me as one who can honestly say that Guy's Tonic did what it is recommended for.—MRS. J. MCINNES (School Board Officer)."

An Australian's recommendation.

"9 & 10, HOWARD SMITH CHAMBERS,
KING WILLIAM STREET,
ADELAIDE, SOUTH AUSTRALIA.

Having undergone a lot of hardship in the Australian Bush, my digestive organs have been much impaired. Consequently, for years past I have suffered a good deal from Indigestion, for which I could get little or no relief. I tried a bottle of your Tonic, which, I am glad to say, gave me almost immediate relief. I have tried it again with the same result, and have since recommended it to my friends, who are equally successful. The result is there is not a bottle of the mixture to be had in South Australia. I shall be glad to know at what price you could send me, say, a dozen of your large size bottles, freight paid to Adelaide. I will gladly send you a remittance. It is a small order I know, but it has done me so much good that I do not like being without it, and shall still continue to recommend it to my friends.—JOHN H. PACKARD."

BRITISH GUIANA & TRINIDAD

Scale of Miles
0 50 100 150



GOZO

MALTA

Scale of Miles
0 1 2 3 4 5



JAMAICA

Scale of Miles
0 10 20 30 40



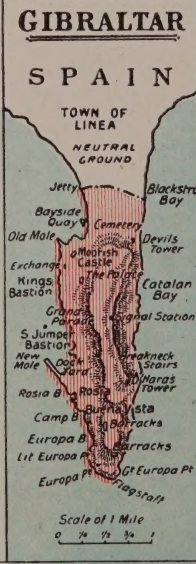
CYPRUS

Scale of Miles
0 5 10 15 20 25 30



GIBRALTAR

SPAIN



BRITISH HONDURAS

Scale of Miles
0 10 20 30 40



Guy's Tonic

Cures

Biliousness,
Dizziness,
Pain between
the Shoulders,
Dry, Harsh, Muddy,
Sallow, Blotchy Skin,
with Yellowness
about the Eyes,
Sick-Headaches,
Disturbed Sleep,
Irritability,
Despondency,
Giddiness,
Muscular Pains
about the Loins
or Limbs,
Constipation,
and all other
Symptoms of
Sluggish Liver.



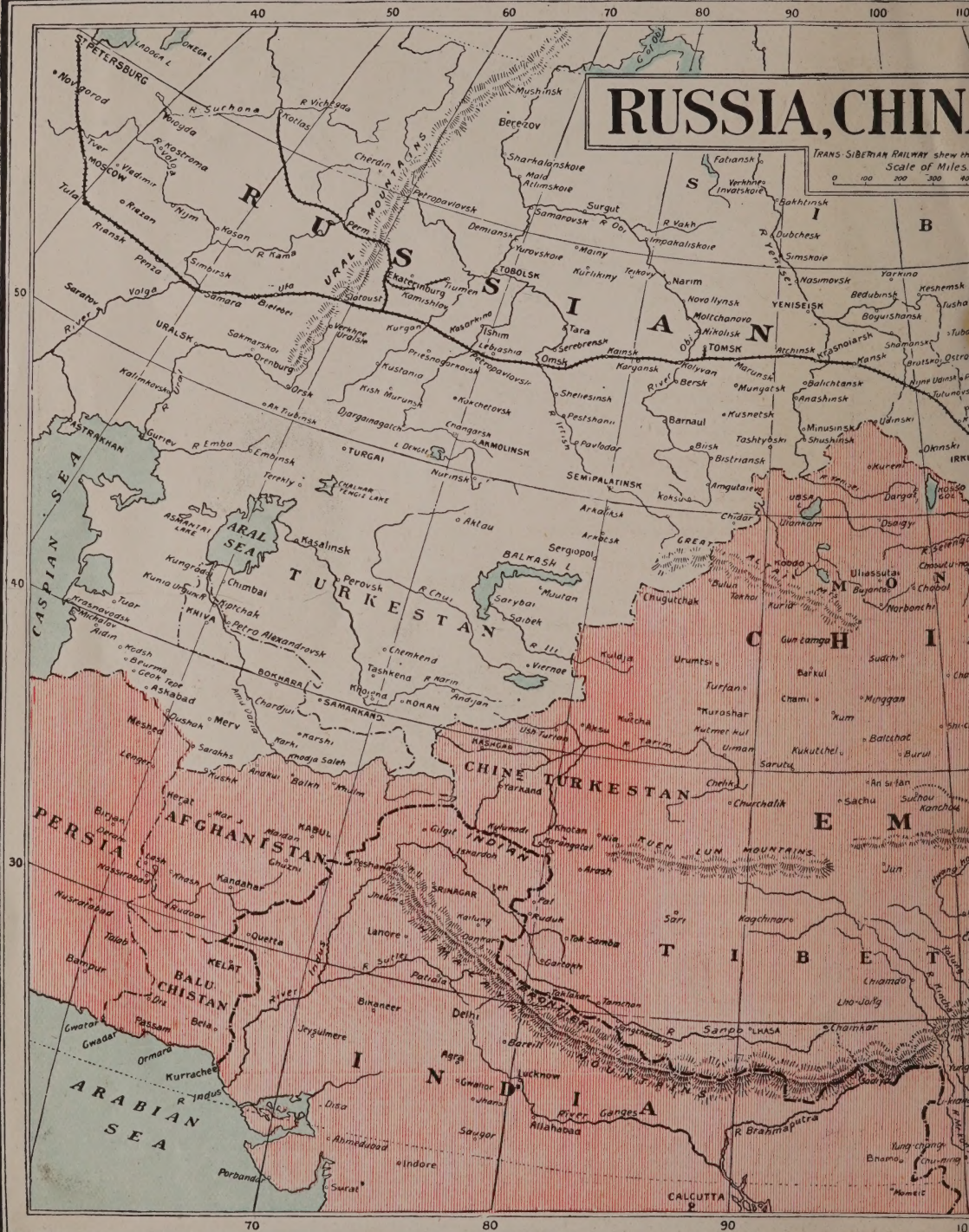
"Exactly one Table-spoonful"

Dr. A. B. Griffiths, Ph.D., Member of the Chemical Societies of Paris, Berlin and Milan; Hon. Member of the Pharmaceutical Societies of Paris, Brussels, Athens and Toulouse, etc., writes:

"I have formed a very favourable opinion as to the merits of Guy's Tonic. It possesses a marked Therapeutic action, is a valuable Tonic, and aids Digestion. It is entirely free from anything of a harmful character, and may be confidently used as a household Remedy."

RUSSIA, CHINA

TRANS-SIBERIAN RAILWAY shown
Scale of Miles
0 100 200 300 400



& JAPAN.



Weak Nerves.

How to make them Strong and Steady.

ORDINARY cases of Nerve Weakness are recognised by Low Spirits, Strange Sensations in the Head, Neuralgia, General Languor, Irritability, Tremulous Hands, Twitchings of the Limbs, Hideous Dreams and an inability to apply oneself to usual occupation. These Symptoms, as a rule, are brought on by a Debilitated Condition of the Nerve Centres.

Nervousness traced to its Cause

They are really the "cry" of the Nerves for want of more Food, and until proper supplies of nutrition can be conveyed to these Nerve Centres, General Weakness and Restless Nerves will keep the health at a low ebb. It is not necessarily a question of the sufferer having to eat more food in order to provide this Nourishment for the Weak Nerves,—what is so much needed is power on the part of the Assimilative Organs to take up the Vital Principles out of the food eaten, and to present them for Appropriation to the Nerve Centres.

This can only be done successfully by means of a Nerve Tonic, the composition of which is

so finely blended and balanced that it will assist and strengthen the Operations of the Stomach no less than the Nerve Structures and their functions. Guy's Tonic has deservedly gained a great name as the unrivalled Nutritive Nervine Remedy. Its unfailing efficacy in all cases of Nervous Break-down and Debility entitle it to rank

The Cure for Weak Nerves

as the greatest boon of the day for every form of Nervousness.

Doctors readily admit that of all cases which come under their notice, none is more obstinate to cure than a Debilitated Nervous System. It is due to the fact that Nerves are so difficult for medicine to reach,—and when reached, they are such delicately wrought structures that only the most carefully selected drugs are suitable. This explains why so much of the physic taken for Nervous Disorders does so little good.

As a Nervine Agent, the claims of Guy's Tonic are abundantly vouched for by an ever-increasing pile of Testimonials from grateful patients up and down the land. Here are some Letters:

A Case of 8 years' standing yields.

'42, DALMORE ROAD, WEST DULWICH,
LONDON, S.E.

My Wife has been suffering from Dyspepsia and Nervous Prostration for the last eight years, and was unable to find relief from the same—until someone suggested Guy's Tonic.

I have known her to be unable to take anything but eggs, beaten, and soda water for several days together, and—withstanding the best of advice from the medical faculty in the largest provincial towns—no relief was afforded her.

Whenever she has an attack now a bottle of Guy's Tonic not only gives relief, but renders the attacks fewer and farther between. —(Signed) EDWARD HEATH, JUNR., late of the Carl Rosa Opera Co."

Guy's Tonic Restores Sleep.

MR. J. BIRD, of SUMMER LANE, BIRMINGHAM, writes:—

"I desire to add my Testimony to the great value of Guy's Tonic. It restored my Appetite, cleared the Tongue, and acted most beneficially on the Liver and Nerves. It also gave me refreshing sleep, freedom from dreams, and a pleasant waking. The distressing Symptoms of Melancholia and Despondency have never returned since I took the first bottle of Guy's Tonic."

Weakness and Debility Overcome.

"125, HIGH STREET, RUSHDEN.

For a long time I was suffering from Weakness and General Debility. I had been taking every kind of Tonic I could think of, but all to no purpose, until my brother advised me to try Guy's Tonic, as he had been taking it. Guy's Tonic is the only medicine he will take now—he has no faith in any other. I am pleased to say that after taking two bottles of Guy's Tonic I felt quite well, and whenever I feel a little Run-down I just take another bottle, which puts me right again. I shall most decidedly tell all my friends to try a bottle of Guy's Tonic when not feeling well.—A. SMYTHE."

Nervous Maladies.

"BOKSBURG, FAIRVIEW, NR. JOHANNESBURG,
TRANSVAAL.

For years I was a great sufferer from Nervous Maladies, and always under Doctors' treatment. As a last resort I tried Guy's Tonic, which did me so much good that I am much better, it being now a year since the last attack. I have recommended Guy's Tonic to a great many people. They are equally pleased with the results from its use, so I take this opportunity of thanking you.—P. E. MARE."

SOUTH

NORTH
ISLAND

PACIFIC

SOUTH
ISLAND

OCEAN

NEW ZEALAND

Scale of Miles

10 20 30 40 50 60 70 80 90 100

THREE KINGS CORAL I.

13

NORTH COVE

C. Maria

Diemen

GREAT EXHIBITION BAY

DOUBTLESS B.

ANIPARK B.

Whangarei

Cape Brett

Home Pt

Hokianga R.

Whangarei

Hokianga

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Guy's Tonic

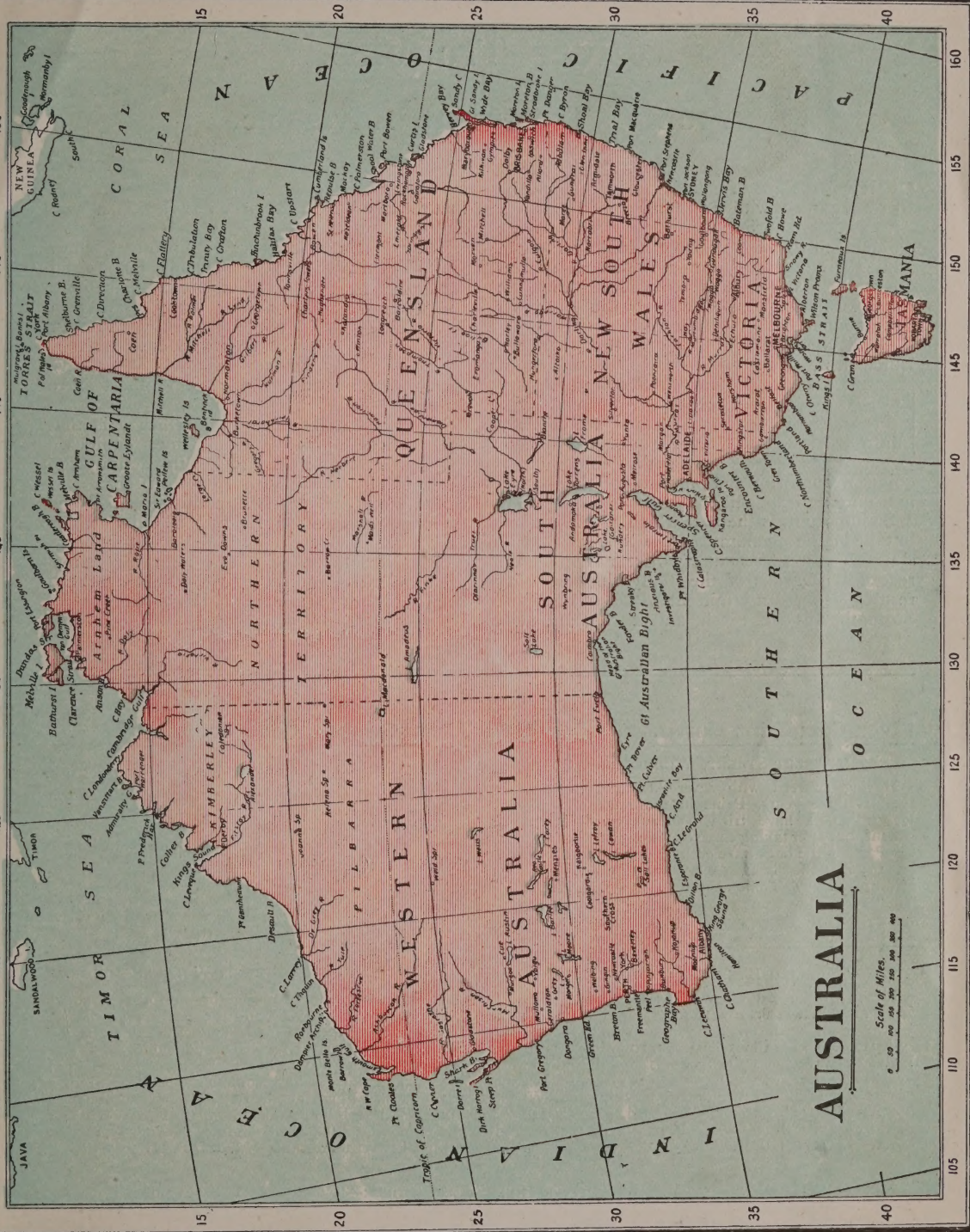


"Off to the Patient"

For
Low Spirits,
Headache,
Neuralgic Pains,
Loss of Energy,
Irritability,
Nervous Dyspepsia,
Brain-Fag,
Insomnia,
Depression,
Melancholy,
Lack of
Confidence,
Nervous Exhaustion,
Twitching of the
Eyelids,
Noises in the Head,
General Languor,
and all other
Symptoms of
Nervous Debility.

Rev. A. W. Lefroy, of Appleshaw Vicarage, Andover, writes on 19th February, 1904 :-

"I have taken Guy's Tonic now for several years on occasions when I have suffered from Indigestion, Nervousness and Loss of Appetite. I have always found Guy's Tonic have a speedy and beneficial effect—in fact, I have received so much benefit from it myself, that I recommend it unhesitatingly to my friends. Those who have tried Guy's Tonic have received like benefit."



AUSTRALIA

Scale of Miles.
0 50 100 150 200 250 300 350 400

Liver Troubles.

Prompt Treatment Advisable.

THE first signs of Sluggish Liver should be regarded with as much concern as the smell of fire. The early symptoms are unmistakable; they warn of coming danger, and, therefore, call for prompt and serious attention. When it is remembered that the Liver is the largest Organ in the Body, its derangement must mean no little mischief.

Headache, a dull Pain between the Shoulders, Biliousness, Low Spirits, Furred Tongue, Languid Feelings, Broken Sleep (accompanied with Bad Dreams), are a few of Nature's danger signals, showing that something is going wrong with the working of the human machine, and speedily requires to be put right.

So important is the part which the Liver has to take in the economy of the System that its sluggish action puts out of order nearly all the rest of the Organs of the Body, the necessary result being intermittent Pains, declining Strength, Loss of Flesh, and a constant need

for physic or Doctors' advice. To keep at bay that fell fiend, Disease, becomes the chief care and concern of life.

Why remain a suffering victim any longer? Guy's Tonic, the great Remedy for Torpid

How to be rid of them

Liver and its Complications, has for many years past obtained world-wide favour and recommendation as the one unfailing Corrective Agent which succeeds where all others have failed.

The secret of its remarkable efficacy is that the particular ingredients of Guy's Tonic are exactly adapted to stir into healthy activity the most obstinate Sluggish Liver. After a few doses, the Head clears, Appetite returns, Food no longer Nauseates; Pains, Languid Feelings and Irritability depart, and life once more bears a cheerful outlook. The few following letters are unsolicited, and serve to endorse what has been said for the claims of Guy's Tonic.

Liver Complaint Cured.

"ALBERT STREET, WEDNESBURY, STAFFS.

Having suffered with severe Liver Complaint for the last three years, Pains in the Back and Mental Depression, I have tried nearly everything without benefit, but after taking three doses of your Guy's Tonic, the Pains in the back have entirely gone, and I feel as I have not done before for several years. I shall recommend Guy's Tonic wherever I go.—J. H. RIGHT."

A Martyr for Years.

"MILBURN BANK, SOUTHWICK, DUMFRIES.

Please send me another bottle of Guy's Tonic. I feel much better already from taking the one I got. I have been a Martyr for years to Indigestion and Biliousness, and at times very sick, vomiting everything I ate, and sometimes the Sickness would continue for Weeks at a time. I was beginning to give up all hopes of ever getting any medicine to do me any good. When, however, I saw Guy's Tonic advertised, I resolved to try it, and I am happy to say it has had the desired effect.—JANET DICKSON."

Liver Complications Removed.

"POINT COTTAGE, TOLL CROSS, GLASGOW.

I have used Guy's Tonic in my Family for Stomach troubles and Liver complications, and its effect has been such that I never fail to recommend it in these cases. Guy's Tonic is far away the best Tonic I have ever tried.—JACKSON HARDING."

Poor Blood.

"14, MANDER STREET, WOLVERHAMPTON.

About a Month ago I sent for one of your books ('The Guide to Digestion'), and after reading it carefully, I thought I would give Guy's Tonic a trial, not having much faith in it, as I have tried so many things. I have been suffering for two years with Poor Blood and from Liver Complaint. I have gone to a skeleton, and look as yellow as if I had Jaundice. But I have taken Guy's Tonic, and feel better already than I have felt for twelve months. I also enjoy my Meals now, and that is what I never used to do.—M. HUTCHINSON."

Mr. S. WILSON, of "Clontarf," Burgess Hill, Sussex, writes:—"For years I have suffered from a Sluggish Liver and Indigestion, and find that Guy's Tonic is the only medicine that gives me relief. I have recommended it to several of my friends, with equally good results."



Guy's Tonic

Keeps the Healthy
Well and Gives
Strength to the Weak.

It is "New Life"
to the Debilitated.

Guy's Tonic
Restores Strength,
Energy and
Nerve Power in a
Remarkable Manner,
and the Good it does
is Lasting.

When the System
is "Below Par,"
And the Health
"Run-Down,"
Guy's Tonic will
Create Appetite,
Dispel Weariness,
and Revive the
Vim and Vigour
necessary to
Enjoy Life.



"So nice, I could drink it myself"

Dr. C. P. Spink, M.R.C.S., L.R.C.P. (Lond.), writing from Johannesburg, South Africa, on 29th January, 1904, says:—

"I find that Guy's Tonic is particularly useful in the treatment of the after effects of 'Influenza (La Grippe), and Malarial Fever. It soon removes the Nervous Prostration and Debility following these diseases."

“Below Par” or “Out-of-Sorts.”

There are numberless people, who, without being really ill, do not feel up to their usual standard of activity—either in Work or Recreation.

They are not inclined for Business or Professional engagements; neither could they enjoy Pastimes or Games. To lie on a couch and be left alone would be their dearest wish in life. Reading has no pleasure—Concentration of Mind is impossible—and there is, in spite of all, a general feeling of restlessness that prevents sleep or interrupts it by unpleasant Dreams. Appetite is fickle or altogether absent, and so such patients, by lack of support, usually go from bad to worse.

For all who are thus afflicted there is a message of Comfort and Hope—based on Experience in a multitude of cases—voluntarily reported from all quarters of the civilised World. The symptoms mentioned merely indicate the need of what Physicians usually call “Tone.” In these instances Guy’s Tonic is confidently recommended.

This useful preparation confers “Tone” to the Nervous System, and by bracing up the Organs of Digestion and strengthening the powers of Assimilation, the full Nutrition is derived from the Food that is eaten. Moreover, Appetite returns—as a natural consequence—when the previous meal has been correctly dealt with and completely absorbed. The original state was one of semi-starvation. By the aid of Guy’s Tonic the Nerve Centres, Brain and Physical Strength gain “pabulum,” or Food. The Organs of the body thus nourished carry out their functions with precision and fulness; and as a result, Strength, Buoyancy, Hope, and Confidence return. Life is worth living, Success is attainable, and the Patient enjoys the proper birthright of Health—Happiness and Prosperity. Guy’s Tonic never fails.

A Clergyman’s

Experience :

A Clergyman and B.A. of Cambridge, whose full name and address may be had on application, writes :—

“I feel I must write and tell you how very satisfactory I have found Guy’s Tonic. Being in a low, Nervous, Depressed state, with disinclination for Food, I thought I would try your medicine, and I must say the results were remarkable. My Languor and Depression seemed to vanish by magic, and in about twenty-four hours I was quite myself again, brisk and cheerful. I also noticed the excellent effects of Guy’s Tonic in promoting an Appetite, that while good seemed natural and not false. Guy’s Tonic certainly Tones one up in the most refreshing and delightful manner.”

When Guy’s Tonic should be instantly resorted to:—

- When Digestion is accompanied by Flatulence;
- When Pain, Weight, Fulness, or Distension is felt after eating;
- When there is Drowsiness or Nausea after Meals;
- When there is a Dull, Weak, Failing Appetite;
- When there is Loss of Flesh, and Strength is gradually diminishing.

Why Guy’s Tonic should be resorted to:—

- Because it is a British Preparation, composed of purely Vegetable Tinctures.
- Because it does not Constipate, and can be taken in Convalescence by the most delicate Patient.
- Because it is used in Hospital Practice, and is widely recommended by Medical Men.
- Because it never fails to do good.
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